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NEWS WORTH SHARING.

## Rae decides to call it a day

Longtime Liberal walking away from politics to focus on his role as a First Nations negotiator PAGE 8

## Another excuse to skip school

High school seniors tend to be in worse shape than their younger peers, a study finds PAGE 8

## Caps extend Chivas' misery

Camilo powers Whitecaps to a 3-1 win over skidding visitors with a pair of goals PAGE 33

## HE'S GOTTA HAVE IT

GET THE MOST DASH FOR YOUR CASH WITH OUR GUIDE TO CLASSIC MEN'S FASHION PAGE 17

## PLAYING THE TRUMP CARD

**The Donald was in Vancouver on Wednesday to announce that the city will get a Trump Tower — and it's going to be swanky. The twisted tower, designed by Arthur Erickson, is being developed by the Holburn Group for $360 million on Georgia Street between Thurlow and Bute. It will feature Vancouver's first pool-bar nightclub. Story, page 3.** EMILY JACKSON/METRO

# Report makes case for viaduct removal

**Infrastructure.**
City staff highlight benefits and urge further consultation

EMILY JACKSON
emily.jackson@metronews.ca

Tear 'em down.

The city won't come straight out and say it, but that's the general message in a staff report released Wednesday regarding the future of the Georgia and Dunsmuir viaducts.

City council will vote next week on the report that recommends spending two more years hammering out the details of removing the viaducts and planning the surrounding neighbourhoods before a final decision.

And though the city insists it needs more information before it recommends whether to remove the thoroughfares into the downtown core, the tone of the report implies otherwise.

It refers to the viaducts as an "urban scar" and a "physical and psychological barrier," and adds that removing them is a rare opportunity to "correct a past planning wrong."

It also touts the benefits of removal — including increased waterfront parkland, 200 to 300 units of affordable and subsidized housing on city land, and connections between Vancouver's historic neighbourhoods and False Creek — as a means to shift from an "automobile-dominated landscape."

"The case around building a new neighbourhood versus status quo looks more and more compelling," Mayor Gregor Robertson said on Wednesday.

Despite the report's strong language, Robertson said the removal isn't a done deal since the city must negotiate with the landowners, including the province and Concord Pacific, as well as surrounding neighbourhoods.

Alternatives to removal weren't explored in the report because the best options from an ideas competition for the viaducts' future involved extraction, Robertson added.

According to the report's timeline, construction could begin in 2017 should council approve the removal in 2015.

If council approves the interim report, the city will spend $2.4 million over the next two years on staff, consultants and public consultation to determine how to proceed with the potential removal and to design the future streetscape.

Removing the viaducts would cost $115 million to $132 million over the next five to 10 years, though the 10 acres of city land freed by the demolition would be incredibly valuable to developers.

The viaducts were originally built in the 1970s as part of an extensive highway system, but public opposition quashed the rest of the freeways. At their busiest, the roads carry only half the traffic they were designed to (750 vehicles per lane per hour), according to the report.

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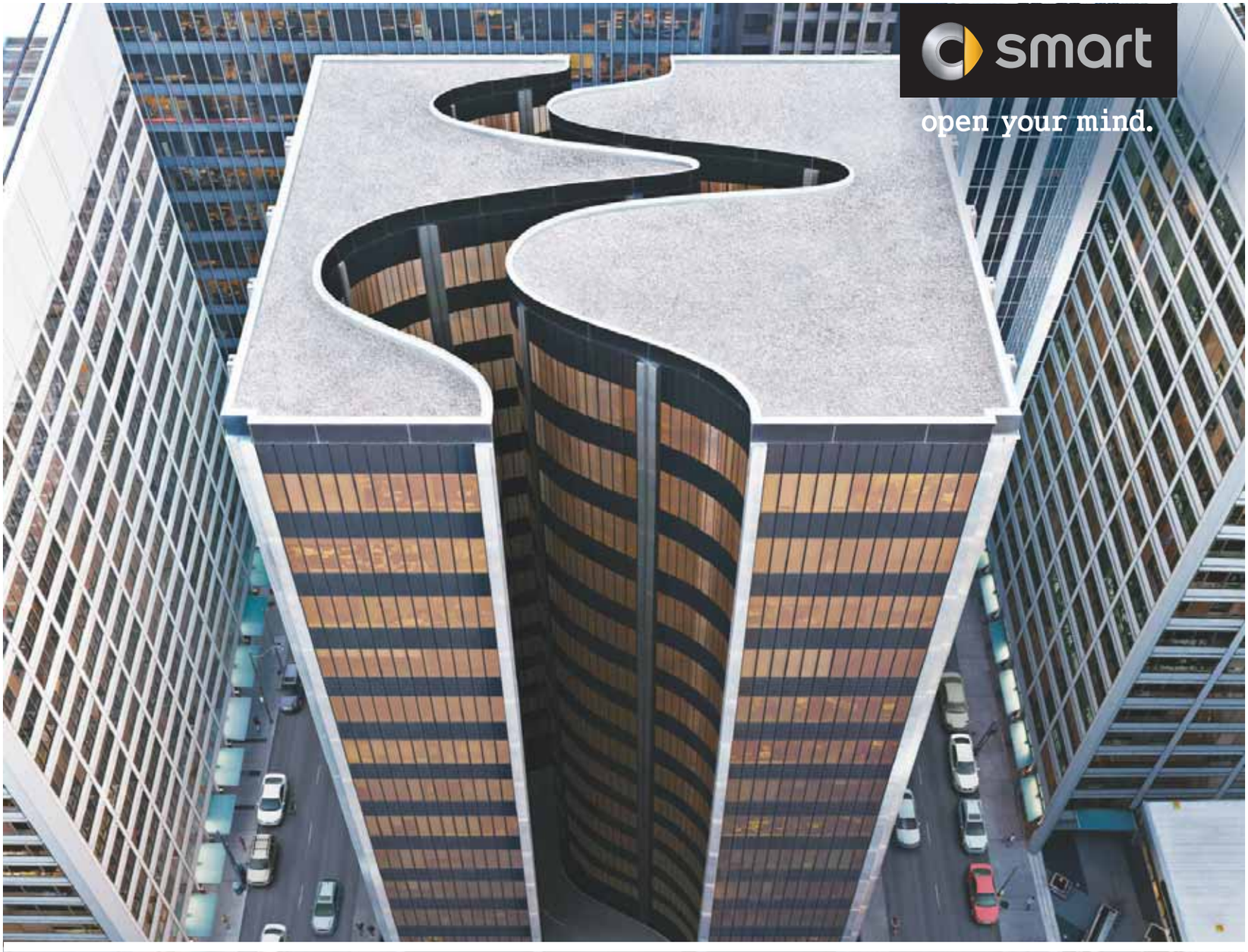


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# The Donald talks Trump tower with a Vancouver twist

**Downtown site.** $360M luxury suites to include pool bar nightclub

EMILY JACKSON
emily.jackson@metronews.ca

Donald Trump, flanked by his children Eric, Ivanka and Donald Jr., announces his latest Trump Tower in Vancouver. EMILY JACKSON/METRO

A local developer will play the Trump card to sell luxury suites at a downtown site that's struggled for years to attract rich buyers.

The Donald himself was in town for the Holburn Group's announcement that it will partner with Trump International to build a $360-million tower, designed with a twist so each suite has a view, on Georgia Street between Thurlow and Bute.

"His name has become synonymous with real estate because time and time again he's made the right choices," Holburn CEO Joo Kim Tiah said at the news conference. "It's really going to solidify Vancouver's position as an international gateway city."

And it's going to be swanky — even by the real estate mogul's standards.

"I think it'll be one of the great buildings not only in Canada, not only in United States, anywhere in the world — it's going to be that good," Trump said at the conference, which he attended with his children Ivanka, Donald Jr. and Eric.

The Trumps will manage the 147 hotel rooms and 218 residences at the 63-storey tower — slated to be Vancouver's highest building.

It will feature Vancouver's first pool bar nightclub, Canada's first Mar-a-Lago Spa by Ivanka Trump, Trump Pets (including an in-room dining menu for animals), and Trump Kids (featuring business cards and kiddie cocktails).

Crews are already working on the site, which was a hole in the ground for years after the Ritz-Carlton project failed.

But the big question is whether the Trump brand will appeal to local buyers, said Ross McCredie, president and CEO of Sotheby's International Canada.

"I don't think Donald Trump is as well liked here. You're now putting a personality on a building instead of just a brand," McCredie said, pointing to the brand's troubles in Toronto.

But the building has "real value" since it will be one of Canadian architect Arthur Erickson's last builds, he said, and there's definitely an appetite for another luxury tower in Vancouver.

While the tower will likely appeal to international investors, particularly from the Middle East and China, he expects local buyers will wait to see the pricing.

Holburn won't release prices until the presale starts this fall.

# Clark rescinds post-election staff raises

Approving pay hikes for her senior political staff just days after her election win last month was a mistake, Premier Christy Clark says, and she has ordered the raises rescinded.

Clark said Wednesday the pay increases sent the wrong message to British Columbians who heard during the recent election campaign that the Liberals want to rein in government spending and balance the budget. But a June 3 cabinet order that boosted the maximum salary of her chief of staff by 18 per cent up to $230,000 a year and some ministerial assistants from $94,000 to $105,000 had the Opposition New Democrats calling Clark's newly elected government "out of touch and tone deaf."

Premier Christy Clark THE CANADIAN PRESS

Clark, who is campaigning to win a July 10 byelection in Kelowna after losing her Vancouver seat on May 14, said she's been hearing from B.C. residents that the increases are not in step with a government that wants to find ways to reduce spending.

"The message isn't consistent with my determination to control government spending," she said.

Clark's recent cabinet shuffle included appointing Bill Bennett, the minister responsible for a government-wide core review of programs, services and spending.

Prior to Clark's decision, the Liberals insisted the total budget for staff in ministerial offices decreased with restructuring to $5.711 million from $5.741 million.

Opposition New Democrat Leader Adrian Dix said the raises exposed the true colour of Clark's Liberals by looking to reward their party insiders following the election.

"The decision as their first item to jack up the salaries of political staff just shows them to be out of touch," he said. "This is what they do when they are not held to account."

THE CANADIAN PRESS

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# Mayors look to Stockholm for guidance on road-pricing pitch

**Swede solution.** System charges cars driving into core at peak hours, encouraging transit use

KATE WEBB
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The city of Stockholm managed to reduce rush-hour traffic by up to 25 per cent and raise $1.5 billion per year for transportation by introducing rush-hour congestion pricing, Metro Vancouver mayors heard Wednesday, as they began the arduous task of researching new funding sources to pitch to voters in a 2014 funding referendum.

Mayors' Council chair Richard Walton made the first detailed presentation the mayors have heard on how road pricing works in other cities around the world, despite the fact the idea has been batted around in the region for decades.

The re-elected Liberal provincial government, which has the final say on approving any new funding sources to meet the region's growing transportation demands, has pledged to put some funding options on the ballot during the November 2014 civic elections.

Walton said Stockholm took a different approach — to try a road-pricing system for a year first, and let the voters decide afterward — that allowed them to see exactly what they were voting for.

"It passed retroactively with 52 per cent of the vote, although subsequent approval ratings over the years have escalated to 68 per cent," the District of North Vancouver mayor said in his report, which he wrote after spending three days in the Swedish capital last month.

The Mayors' Council is looking to Europe for solutions on easing traffic congestion in Vancouver. EMILY JACKSON/METRO

"It took six years of political will, intergovernmental co-operations, luck and tactical changes for the project to succeed in the city, with 100 per cent of the (21 surrounding) suburbs rejecting it through non-binding local referenda."

Like a similar one in London, England, Stockholm's electronic pricing system reads cars' licence plates and sends owners bills if they drive into the city centre during peak periods, to encourage them to make trips outside peak hours, or switch to transit.

Surrey Mayor Dianne Watts, who is calling for about $2 billion in funding for new light-rail lines south of the Fraser, said Walton's presentation was interesting, but she stayed neutral when asked if she would support a similar made-in-Vancouver approach.

"That is more of a traffic-management strategy than a transit-funding strategy, so it's good to get that information, but it's just more information that's being gathered," she said.

Vancouver Mayor Gregor Robertson, who wants $2.8 billion for a rapid-transit line to UBC to relieve congestion on the Broadway Corridor, said all the big European cities are "doubling down" on transit infrastructure, and Vancouver's booming population requires it do the same.

"You add another million people, and that means significant investment in transit," he said, referring to growth projections in TransLink's 30-year draft strategic framework.

# Teacher reprimanded for duct-taping teen students' mouths for loud talking

A veteran Vancouver teacher has landed in a sticky situation after duct-taping students' mouths shut because they were talking too loudly in her class.

Margo Fowler, a teacher at Sir Winston Churchill Secondary, admitted to using duct-tape as punishment on three occasions, according to a resolution agreement published last month by the province's Commissioner for Teacher Regulation.

In the first instance, Fowler offered a disruptive Grade 8 student the choice of going to the office or remaining in class with his mouth duct-taped.

The student chose the latter and had tape over his mouth for 15 to 20 minutes. A friend of the student later posted a photo of the incident on Facebook.

On another occasion, Fowler instructed a loud-talking Grade 8 student to duct-tape his own mouth, which he did. She also threatened to tape a Grade 10 student's mouth shut if he did not stop talking.

Fowler, who has been a teacher for more than 20 years, met with School District 39 in mid-April and admitted to duct taping the three students' mouths.

She was issued a letter of expectation from the principal at Churchill. The B.C. Teacher Regulation Branch also issued a reprimand for the professional misconduct. JEFF HODSON/METRO

**Taking her time**

## Great grandma graduates from high school

A great-grandmother from Agassiz says it's never too late to graduate high school — even if it takes 56 years go get that diploma.

Maureen Baker quit school in Grade 11 to work as a phone operator and says she always felt like an outsider when she went to her high-school reunions.

She'll be walking across the stage with her diploma in hand tonight as a graduate from the Agassiz Centre for Education — where two other grannies will be graduating.

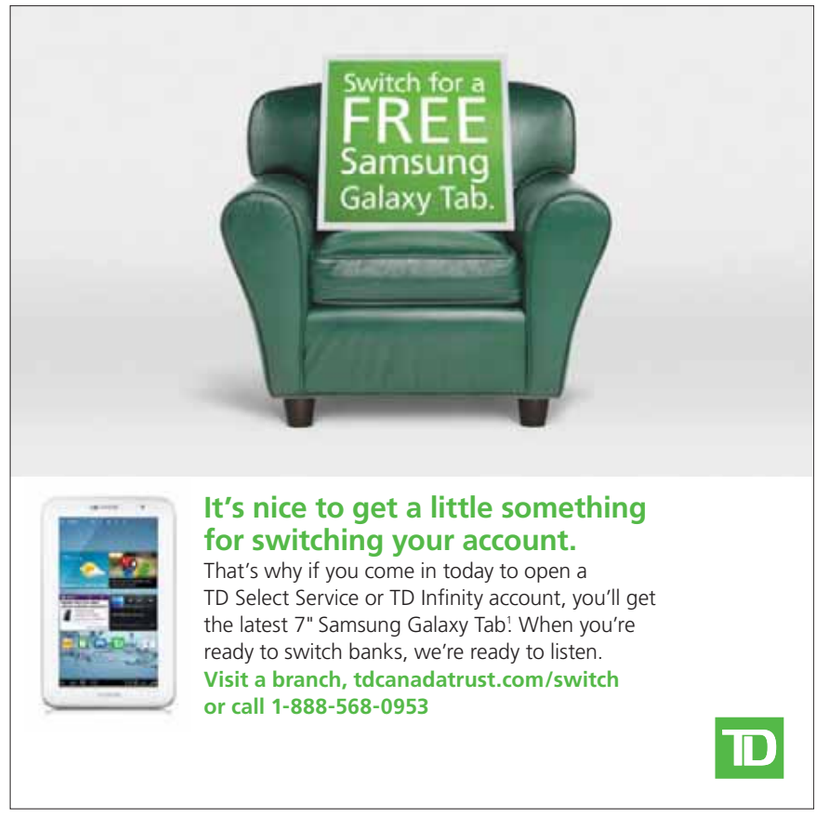
About a dozen at-risk youth who also attend the alternative school will be graduating with the three seniors who enrolled in a pilot project last September. THE CANADIAN PRESS

**First time in 60+ years**

## B.C. biologists spot rare whale

Fisheries and Oceans Canada says biologists have spotted a rare endangered whale in B.C. waters for the first time in more than 60 years. North Pacific right whales were once abundant before they were hunted to near extinction before the 20th century.

THE CANADIAN PRESS

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# Kamloops. RCMP implore witnesses to alleged sex assault not to post photos

Mounties in Kamloops are investigating the alleged sexual assault of a teenager at a bush party attended by as many as 1,000 high school graduates.

Police say the 17-year-old girl became separated from her friends, was approached by a male she didn't know and was taken into a wooded area where she was sexually assaulted on Tuesday night.

RCMP Cpl. Cheryl Bush said the event strongly resembled other recent sexual-assault cases in Canada in which witnesses took photographs or videos of the incident and then posted them online.

"We're really asking the young citizens of Kamloops who may have participated in this event to be responsible and do the right thing, talk to your peers, come forward to the police and let's not make this go any further than it already has," she told a news conference.

Bush said what police really want to prevent is any of these inappropriate photos or videos, if they exist, from spreading on the Internet.

RCMP had deployed extra resources to conduct road blocks leading into the bush party, and liquor and drugs were seized before the grads went into the event.

THE CANADIAN PRESS

**Warning**

**"If you have photos of this incident, you are now being told that it was a criminal act — so you now know what you do with those photos could have implications."**

RCMP Cpl. Cheryl Bush

# Books and bikes. Course on Tour de France comes to University of Victoria

Students of cycling can gear up for a new university course on the world's most popular bike race.

The University of Victoria's faculty of humanities is peddling a new online third-year-level course on the Tour de France.

Victoria is the hometown, of course, of Ryder Hesjedal, the first Canadian rider to win a Grand Tour (2012 Giro D'Italia).

The UVic course, which begins June 25, five days before the start of the 100th Tour de France, will be taught online and through Twitter.

The instructor, Emile Fromet de Rosnay, an assistant professor of French literature and culture, is an elite cyclist himself, according to a UVic press release.

The course will cover the history of the Tour, doping and commercialization of the sport.

The 100th Tour de France begins June 29 in Corsica, finishing 23 days and 3,479 kilometres later in Paris.

JEFF HODSON/METRO

**Slain doctor**

## Investors get cash back from fraud

Victims of a doctor-turned-fraudster will be getting some of their money back six years after the man was found shot dead in his vehicle.

The B.C. government is distributing just over $930,000 to dozens of investors caught up in William Christopher Teet Fung Chan's scheme.

The money represents about one-third of the funds that Chan bilked from investors. THE CANADIAN PRESS

**North Coast**

## Grandma preps for 24-hour icy swim

A North Coast grandma is preparing for a gruelling swim as she completes a 120-kilometre round-trip fight against cancer.

Dayna McKay will plunge into the frigid waters off Prince Rupert next Friday for the 60-kilometre, nearly 24-hour return leg of her swim, heading north through the open ocean to Lax Kw'aalams.

McKay made the southward swim last year.

THE CANADIAN PRESS

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Twitter is joining Hootsuite and Facebook by putting down roots in the Rain City. OLI SCARFF/GETTY IMAGES

# Twitter coming to roost in Vancouver

**Software engineering.** Signs indicate Twitter is here to stay, not just snatching up talent

MATT KIELTYKA
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Vancouver is turning into the home of social media.

Not only does Hootsuite consider the city home, but Twitter has joined Facebook as social media giants that are planning to land on the West Coast city.

According to a job posting, Twitter is looking to create "a global centre of excellence in Vancouver for computer-science graduates to work on some of the most interesting technical challenges in the industry today."

The posting is specifically targeted at software engineers who have recently graduated.

Simon Fraser University social-media expert Peter Chow-White says Vancouver seems to have found itself a lucrative niche.

"(Twitter's announcement) reflects the talent that is homegrown here in Vancouver," said Chow-White.

Twitter hopes the software engineers they hire in Vancouver will help build "a world-competitive software-engineering centre around them" — indicating that the company is here to stay.

"They could be attracting talent just to take it south," said Chow-White, echoing fears that Facebook intends to take recruits with them to the U.S.

"But there is so much talent here they don't really need to go anywhere else."

**Who, where and why**

**"There are so many good developers coming out of schools like SFU and UBC that companies are coming here. They're going to where the talent is."**

Simon Fraser University social-media expert Peter Chow-White

Lt.-Gov. Garde Gardom prepares to give his eighth throne speech in 2001. CHUCK STOODY/THE CANADIAN PRESS FILE

# Ex-lieutenant governor dies at 88

British Columbians of all political stripes are mourning the death of the province's 26th lieutenant governor, whose decades-long record of public service is being remembered with admiration.

Garde Gardom was 88 when he passed away in Vancouver on Tuesday. He was a member of the legislative assembly, a cabinet minister and a provincial representative to London and Europe.

The provincial government has announced flags on its buildings will fly at half-mast until the funeral service, which has yet to be announced.

"Garde Gardom led a life all British Columbians can be proud of," Premier Christy Clark said in a statement. "He embraced life, challenges and opportunity with equal gusto."

NDP Leader Adrian Dix called Gardom one of the province's most revered and important public figures.

"Admired for his intelligence and integrity by people across the province and political spectrum, Gardom's record of public service is long and impressive," he said in a statement.

Gardom was the Queen's representative to B.C. from 1995 to 2001. THE CANADIAN PRESS

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Sorento EX shown^

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# Bob Rae leaves a life in politics

**MP resignation.** Former Liberal leader to negotiate for First Nations in Ring of Fire mining development

Bob Rae resigned as MP on Wednesday. THE CANADIAN PRESS

Bob Rae, a fixture on Canada's political scene for more than three decades, is giving up his seat in the House of Commons to devote himself to work on behalf of First Nations.

Rae said he is leaving politics so he can focus on his new role as chief negotiator for First Nations in talks with the province about development of the Ring of Fire mining development in northern Ontario.

"This is going to be a major undertaking," an emotional Rae told a surprise news conference Wednesday.

"It's clear to me that it will take a lot more time and it simply isn't possible to do both jobs at the same time."

The 64-year-old Rae's unexpected announcement caps a political career that has spanned 35 years and two parties. Rae began in politics as a New Democrat and later shifted to the federal Liberals, even seeking the party leadership at one point.

He was first elected to the Commons in a 1978 byelection, but moved to Ontario provincial politics four years later, when he became provincial NDP leader and later served as premier.

In 2006, having joined the Liberals, he unsuccessfully sought the party leadership, but won a seat in the Commons in 2008, becoming interim leader in the 2011 election. THE CANADIAN PRESS

## Study. High school could be bad for your health

High school may improve students' minds, but it does the opposite for their bodies.

A new study from the University of Waterloo suggests Canadian students in Grade 12 are in worse health than their younger high-school peers.

The research, published in the latest issue of the journal BMC Public Health, found that by the time students reach senior year, they're at a significantly increased risk for chronic diseases such as diabetes and lung cancer.

It shows that over four years of high school, the number of smokers went up 170 per cent, binge drinking jumped 167 per cent and marijuana use rose by 124 per cent.

What's more, the vast majority of students — more than 89 per cent — didn't meet Health Canada's guidelines for minimum physical activity and barely seven per cent reported eating enough fruit and vegetables.

The study's co-author, Scott Leatherdale, says the fact that large proportions of graduating students fail to meet the most basic healthy living recommendations is cause for concern.

Having even one of the risk factors measured can increase the likelihood of disease, and by Grade 12, the average student shows three, he said.

Students in higher grades appear to be at the greatest risk, he added.

THE CANADIAN PRESS

One Canadian study finds students in senior grades are at a higher risk for chronic diseases such as diabetes and lung cancer. ISTOCK IMAGES

**Summer break**

### House adjourns early after bitter spring sitting

Prime Minister Stephen Harper has returned from his European trip but he won't have to endure another grilling in the House of Commons for a while.

All parties agreed late Tuesday night to end the most bitter spring sitting of Parliament since Harper's Conservatives came to power more than seven years ago. THE CANADIAN PRESS

**Corruption charges**

### Montreal will get its new, new mayor Tuesday

Montreal will have its next interim mayor — the third mayor in less than a year — early next week.

The city clerk's office has announced a vote will be held during a special meeting of council next Tuesday.

THE CANADIAN PRESS

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## Brazilian rioters wreak havoc in protest over poor services

Riot police aim their weapons at protesters gathering near Castelao stadium in Fortaleza, Brazil, on Wednesday. Protesters cut off the main access road to the stadium where Brazil played Mexico in the Confederations Cup on Wednesday afternoon. Scattered street demonstrations popped up around Brazil as protesters decried the low-quality public services they receive in exchange for high taxes and rising prices. Leaders in Brazil's two biggest cities said they have reversed an increase in bus and subway fares that ignited outrage across the nation. ANDRE PENNER/THE ASSOCIATED PRESS

# Serena Williams backtracks on rape comment

**Unforced error.** Tennis star reaches out to Steubenville victim after 'hurtful' remarks

Serena Williams is apologizing for a Rolling Stone article that quoted her blaming the 16-year-old rape victim in a high-profile case in Steubenville, Ohio.

"She shouldn't have put herself in that position," she is quoted as saying in the profile, in an upcoming edition.

She made the comments to the reporter after seeing coverage of the case flash on television while getting a manicure.

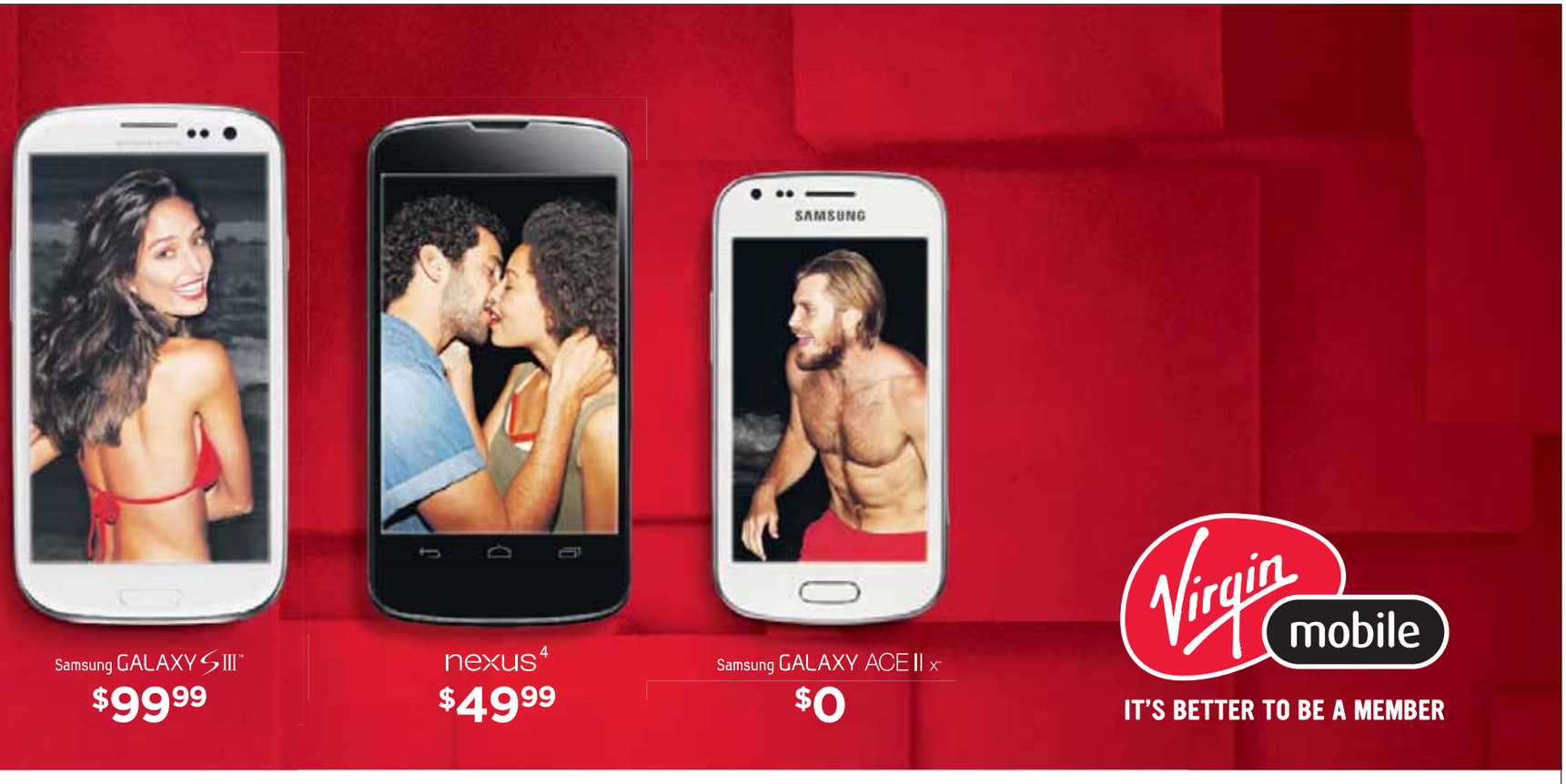
"They did something stupid, but I don't know. I'm not blaming the girl, but if you're a 16-year-old and you're drunk like that, your parents should teach you: Don't take drinks from other people. She's 16, why was she that drunk where she doesn't remember? It could have been much worse. She's lucky," Williams said.

Williams, ranked No. 1 in the world in women's tennis, said she was reaching out to the girl's family to apologize.

TORSTAR NEWS SERVICE

**A week from Wimbledon**

**"I am deeply sorry for what was written in the Rolling Stone article. What was written — what I supposedly said — is insensitive and hurtful, and I by no means would say or insinuate that she was at all to blame."** Serena Williams

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# Crowdfunding. Indiegogo praises smoking success of Crackstarter campaign

A campaign that raised $200,000 to purchase an alleged video appearing to show Toronto Mayor Rob Ford smoking crack was a "beautiful example" of the fundraising power of the Internet, says the website that hosted the controversial crusade.

"That campaign really just speaks to what crowdfunding is about, which is giving the power to people to decide what matters to them and to fund what matters to them," said Danae Ringelmann, co-founder of crowdfunding site Indiegogo.

The Crackstarter video fundraising campaign was launched by Gawker, a U.S. site whose editor John Cook claimed he'd watched the video, which was being shopped around for $200,000 by drug dealers. Ford has said the alleged video does not exist and that he does not use crack cocaine.

THE CANADIAN PRESS

This is the illustration that appeared on the crowdfunding site Indiegogo for the Crackstarter campaign, started by Gawker, which aimed to raise enough money to buy a video that allegedly shows Toronto Mayor Rob Ford smoking crack. The crowdfunding goal was surpassed with $201,204 raised. SCREEN GRAB/INDIEGOGO.COM

Milan

## Dolce, Gabbana convicted of tax evasion

A Milan court has convicted the designers Domenico Dolce and Stefano Gabbana of tax evasion. They were found guilty of failing to declare about $273 million through a Luxembourg company to authorities and given a one-year-and-eight-months suspended jail sentence. They were ordered to pay a penalty of about $682,000 to tax authorities.

THE ASSOCIATED PRESS

Market Minute

| | |
|---|---|
| DOLLAR | 97.34¢ (-0.60¢) |
| TSX | 12,268.29 (-99.17) |
| OIL | $98.24 US (-20¢) |
| GOLD | $1,374 US (+$7.10) |

**Natural gas:** $3.96 US (+6¢)
**Dow Jones:** 15,112.19 (-206.04)

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# IT'S BEAN THE ONLY REMEDY

HE SAYS

**John Mazerolle**
metronews.ca

Damn you, Charles Darwin.

My back hurts all the time and its origin is you. If it weren't for evolution, I'd be on all fours, with my spine on the straight and narrow. Instead, I'm upright, crooked and twisted, all the weight of the world (and evolutionary history) on my lower back.

Or if the creationists are right, then God has a Robaxacet doll that he keeps sticking needles in.

But it's probably Darwin.

I would have been so much happier as a spineless, lower form of life, like a slug or a personal-injury lawyer. Instead I'm the guy at the far right of the March of Progress illustration, the one holding the small of his back, with a speech bubble that says "%&$#?@!"

My injury is particularly pathetic. Not only was I not exerting myself in any way, I wasn't even doing something embarrassing like reaching for the remote or picking up a dropped Cheeto.

I was asleep.

I woke up, possibly from the sound of my back screaming at me, and suddenly my life was bags of frozen green beans, kneeling to look in the fridge, and attempting to put socks on without using my hands.

Back pain is the most ignoble of all injuries — too painful to be ignored, but not dramatic enough to be pitied.

There are no songs sung about heroes who suffered through lumbago, no Hollywood films where an ingenue dies because of a cruel twist of torso. Its place in popular culture is to show you how much of a buffoon a sitcom dad is — oh, his aching back!

Four out of five adults suffer occasional back pain — so all the dentists, if I understand statistics — which means you get no sympathy for your pain, only stories of much worse back pain, possibly due to the bigger fish they were reeling in that got away.

You can't even show it off, like a scar or a broken leg. It's completely hidden, beneath that frozen bag of green beans. (I find peas too uncomfortable.)

Long story compacted, I'll have to do something to fix it, lest I never twerk again.

What do the experts say I need?

- Good body mechanics: I didn't even know there were body mechanics. I assume you get on a lift of some sort for a few days while he/she checks you out and you're good to go? Of course, they'll find something else wrong and charge you for it, but that comes with the territory. "Your back's good, but we had to replace your duodenum. It was making weird noises."
- "Let your legs do the work": All the advice columns say this, but it doesn't work. I've left a bunch of stuff for them to do, yet my books remain unbalanced and my dishes remain unwashed. I think they're lazy.
- Neutral Pelvic Position: I bought their new album, but frankly they were better at Coachella.

As this list makes clear, it will be no time before I've gone from a young man whining through back pain to a young man who has come to understand he will always have back pain. Or as Darwin once put it: "%&$#?@!"

## ZOOM

# A little (tweeting) bird will tell you

SANG TAN/THE ASSOCIATED PRESS

### Royal couple will be traditional and trendy with announcement

With Prince William and the Duchess of Cambridge expecting their first child in mid-July — and much of the world interested in the birth of a future monarch — the royals' office has released some of the couple's plans.

There will be a mix of tradition and new social media to announce the birth. Officials said a royal aide will emerge from the hospital with a signed bulletin on foolscap-sized paper carrying the Buckingham Palace letterhead. The bulletin will be given to an official who will be driven to the palace, where it will be posted on an easel in public view in front of the building.

At the same time, there will be an announcement on Twitter.

THE ASSOCIATED PRESS

**Boy or girl?**

- Royal officials can't say whether it's a boy or girl — and it's not because they are being coy, it's because Kate and William have not found out — and don't plan to.

**Clickbait**

HANNAH ZITNER
hannah.zitner@metronews.ca

**With rumours swirling that Facebook is set to announce video for Instagram, avoiding videos of cats, cupcakes and concerts will be nearly impossible. So why fight the inevitable? Embrace the filtered vids and start posting your own. But in case the rumour mill doesn't produce, here are some video-sharing sites already on offer:**

**Socialcam:**
One of the first video-sharing apps with filters — think of Socialcam as Instagram video's older brother (or would that be father?). Available for iPhone and Android.

**Cinemagram:**
Also has the options of adding filters, but with added tricks like adding masks, playing videos backwards, in slow mo or on high speed. Available for iPhone and Android.

**Viddy:**
Before Vine, there was Viddy. But while Vine gives users a six-second time limit, Viddy lets you record for up to 30. Available for iPhone and Android.

**Twitter**

**@metropicks asked: According to Metro's Paul Sullivan, tipping should be optional. What do you think?**

**@Richard_Dew:** Tipping IS optional. No gun to your head. Also optional for people to think you're a cheapskate for not tipping.

**@FrenchmanCanada:** I know a couple places where the "You didn't dip, next time I'll spit in your food" will never be optional.

**@serpentina66:** I'd rather see servers pd more than deciding a tip. Mgrs should b responsible for good servers; customers shouldn't pay more for expected service; it's awkward for cust to deny tips for poor service.

**@instakrystal:** I never feel obligated to tip. If you're a good server and earn it, you'll be rewarded. My tips are dependent on experience.

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:** Send us your comments: vancouverletters@metronews.ca

metro

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SCENE 2

# Move your butt, melt your face, and all that jazz

**Vancouver International Jazz Festival.** Exhaustive list of impressive talent may not always be what you'd expect

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Summer's here and the time is right for dancing in the streets.

Apologies to Martha and the Vandellas, but B.C.'s biggest outdoor party (and arts event) is just around the corner: the 2013 Vancouver International Jazz Festival is about to kick off.

It's a colossal music festival that gets bigger and better every year.

To wit: the free Downtown Jazz Weekend — which moved from Gastown last year — is expanding.

"We've waited 27 years for this and the move downtown exceeded all our expectations," said media director and co-founder of the festival, John Orysik.

"From site design to inspired artist performances to the huge, appreciative crowds, the operative word I kept hearing from people was: 'Wow!'"

The site, located at the Vancouver Art Gallery/Robson Square, will now include a section of Howe Street (between Georgia and Robson), where festival goers can sample fare from the Food and Artisan Market, or sip suds at the licensed Howe Street Bar or the adjacent Georgia Bar.

There's also a Family Zone for your convenience.

Three stages — Georgia Stage, Robson Stage and the Anthem Properties of Youth Stage presented by Tom Lee Music — will host 32 concerts on June 22 and June 23, from noon until 9 p.m.

Performers include Los Angeles-based soul-octet Orgone (who promise to "move your ass and melt your face"); Juno-Award-winning vocalist Kellylee Evans, Halifax-based Gypsophilia, and more.

On the ticketed-gig front, things are also looking impressive.

Fourteen-time Grammy winner Herbie Hancock, the David Murray Infinity Quartet with Macy Gray, Dr. John & the Nite Trippers, and many, many more (seriously, it's an exhaustive list of international and local talent).

Visit VanJazzFest.ca for more information.

### The song's on fire

The Vancouver International Song Institute's SONGFIRE Festival is at various Vancouver venues until June 26.

Check out Once Babylon — a combination of music and theatre featuring four different characters who must learn to survive in a post-apocalyptic "new world" — Saturday night at the Waterfront Theatre on Granville Island (starts at 8 p.m.)

More information at SongInstitute.ca.

Herbie Hancock is among the big names at this year's Vancouver International Jazz Festival. SUBMITTED

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Paula Deen revealed as racist jerk?*

THE WORD
Dorothy Robinson
scene@metronews.ca

The fearless National Enquirer claims to have unearthed a video of famed "chef" Paula Deen allegedly admitting to using the N-word as well as making a myriad of terrible racist jokes, aimed at African Americans and Jewish people.

The Enquirer claims Deen was filmed in a May 17 deposition to defend herself and her brother Bubba Hiers against a giant lawsuit filed by the former general manager of their Savannah, Ga., restaurant.

Metro has not seen the video, so we have no way of verifying its authenticity.

Lisa Jackson is suing the family for use of defamatory language by Deen and sexual harassment and infliction of distress and assault by Hiers.

The worst from the tape? The Inquirer alleges Deen admits to saying that she wanted "black waiters to play the role of slaves in a wedding party she was planning."

Deen also reportedly gave several examples of when she used the N-word and fesses up to making racist jokes about "Jewish people, rednecks, black folks... I can't determine what offends another person." Her defence is "they're jokes."

Actually, no they aren't. Even in Georgia, those aren't jokes.

## Sopranos star James Gandolfini dies at 51

James Gandolfini ALL PHOTOS: GETTY IMAGES

James Gandolfini, the actor who won three Emmys for his role as Tony Soprano on HBO's The Sopranos, reportedly died in Italy Tuesday after suffering a heart attack, TMZ reports.

Gandolfini, who was 51, was in Italy to attend the 59th Taormina Film Festival in Sicily.

He first garnered fame playing a hitman in 1993's True Romance.

But it was his role as the brash, troubled mob boss Tony Soprano that earned him legions of fans of the six-season HBO series.

Gandolfini is survived by his wife, Deborah Lin, who gave birth to the couple's daughter in October.

He also has a teenage son from a previous marriage.

METRO NEW YORK

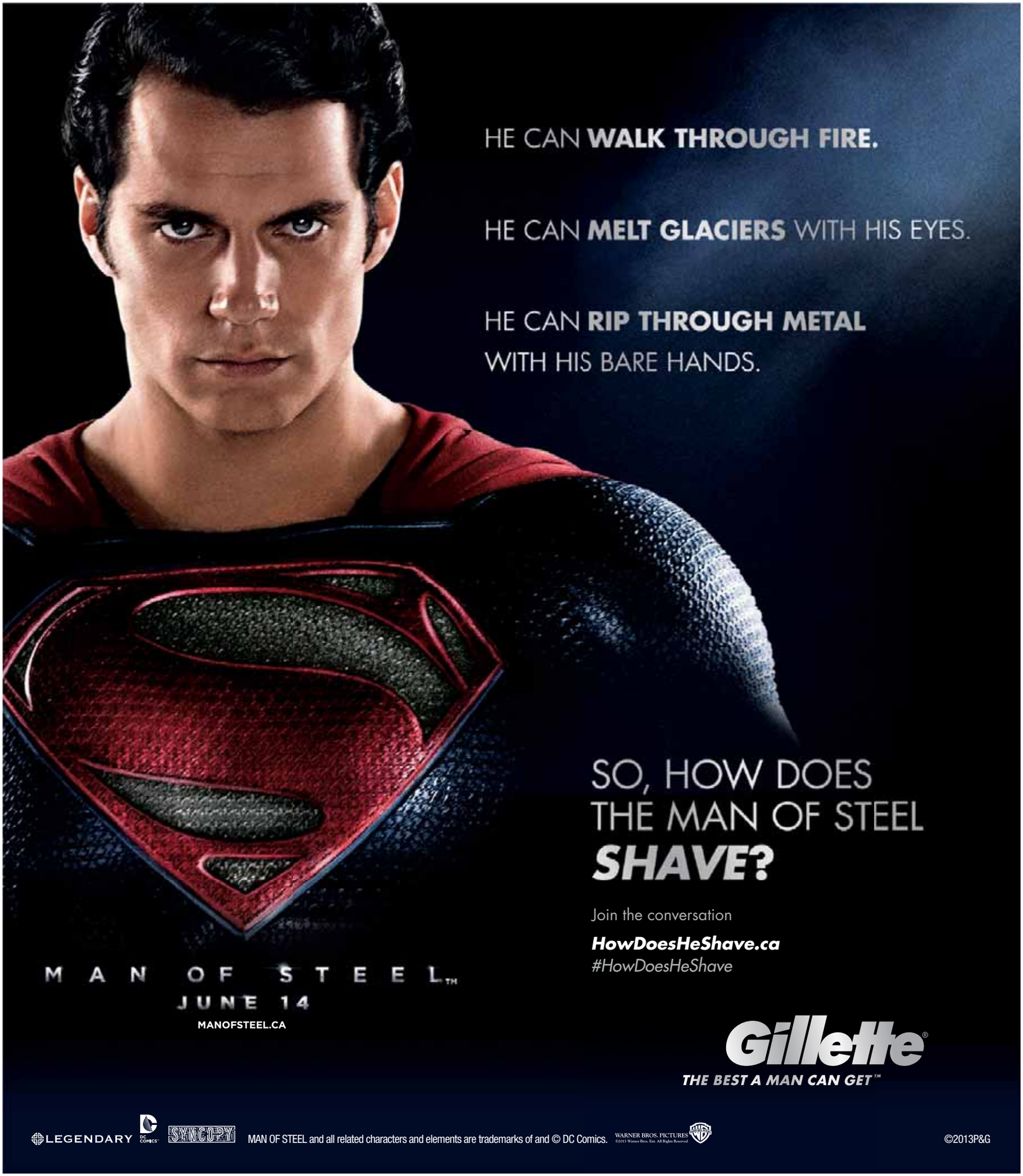
**Twitter**

**@mradamscott**
I applaud this year's Bachelorette for being honest enough to behave as if she is in a nightmare.

**@NiallOfficial**
On the bus listening to the eagles! Converting the lads ! It's easy! Best band ever !

## Katy Perry loves the fireworks

For her first appearance on the cover of Vogue, Katy Perry isn't holding much back, especially about her split from ex-husband Russell Brand. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she tells the magazine.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# What a boy wants, what a boy needs

Usually, when magazines produce lists like this, the 'must-haves' are not always that accessible. So we've rounded up the best value versions of recession-proof classics that will never go out of style.

METRO WORLD NEWS

## The shirt

Zara twill shirt
$60, zara.com

These looks are time-proof. GUERRE

## The chino

Ben Sherman EC1 slim
$95, bensherman.com

## The jeans

Edwin ED80- slim-fit jeans
$200, mrporter.com

## The coat

Heritage navy cotton peacoat, $310
bananarepublic.gap canada.com

## The desert boots

Clarks Originals suede desert boots
$140, clarkscanada.com

## The knit

Linen crew neck,
$149.50, clubmonaco.ca

## The shirt

Topman white scoop neck T-shirt
$14, topman.com

## The suit

J.Crew Ludlow jacket
$525,
J.Crew Ludlow trousers,
$265
jcrew.com

## The brogue

Mr. B's Theatum,
$175, aldoshoes.com

**Styling tip**

All lace-ups are not the same. The Oxford is the dressier older brother to the more informal brogue. You need both in your arsenal.

## The Oxford

Mr. B's Paramonga,
$175, aldoshoes.com

LIFE 3

# Grapevines require a little patience, but are worth the wait

**Vineyards.** Look elsewhere if it's low maintenance or fast production you want

Grapes are a great backyard choice if you're seeking delicious juice, some wine to savour or snacks fresh from the vine.

But grapevines need a lot of attention and as many as five years to mature from bare root plants.

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint," said Tom Powers, author of "The Organic Backyard Vineyard" (Timber Press, 2012). "The trade-out is that you have to put in more maintenance time.

Starting a small vineyard also requires planning. Does your preference run to table grapes or wine grapes? American or European cultivars? Do you plan to use chemical pesticides and herbicides or go organic?

Whatever you decide, don't let a lack of space stop you, said Powers, who has designed and installed more than 100 vineyards, primarily around the San Francisco Bay Area.

"If you are simply hoping to plant some table grapes to enjoy for home consumption, you do not need a vineyard," he said. "You can grow grapevines up an arbour, over a fence or against a wall."

Wine grapes, however, should be trained to grow on a trellis. That makes them easier to manage and allows the sun to reach the leaves, which produces good fruit.

"Even a few rows of vines can produce enough grapes to make several hundred bottles of wine every year," Powers said.

Here are some additional grape-growing basics:

**Selection/hardiness**
Match the grapes to your climate by knowing how many frost-free days they'll need to ripen, Powers said.

**Spacing**
Vines planted for training on a trellis normally are spaced eight feet apart, while those planted for training on an arbour can be placed four feet apart, said Gary Gao, a small-fruit specialist with Ohio State University Extension.

**Soil**
Most any kind will do, but the best combines fertility with good drainage.

**Sunlight**
At least eight hours a day. Photosynthesis uses energy from the sun to convert carbon dioxide to sugar. This is important, Powers said, because sugars are the basic building blocks of the components giving wine its flavour.

**Pruning**
Once a year when the vines are dormant.

"What you do for accepted growth in summer is pull leaves," Powers said. Strip any part of the leaf canopy that forms around the fruit.

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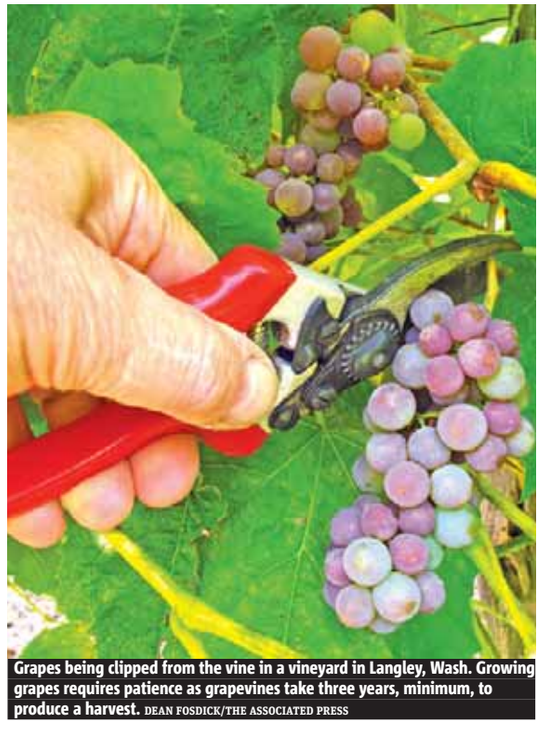

Grapes being clipped from the vine in a vineyard in Langley, Wash. Growing grapes requires patience as grapevines take three years, minimum, to produce a harvest. DEAN FOSDICK/THE ASSOCIATED PRESS

Goodbye Local Programs, Hello Higher Prices.

Park Board Continues with Cash Grab Despite Strong Public Opposition.

**The Park Board's proposed OneCard access will drive prices up and force an end to community programs.**

The proposed OneCard access to Vancouver's rinks, pools, fitness and community centres sounds like a great idea. But the Park Board OneCard program will only drive user fees up, in some cases as much as 30%.

Subsidized programs: seniors, child care, and youth are at risk if the Park Board pushes through their plan to centralize control of community centres and their resources. Programs developed over decades by Community Associations to meet local community needs will disappear and be replaced by cookie-cutter core programs.

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# Stick-on personality: wall decals can give your room a needed lift

**Decor trend.** An easy, affordable and temporary way to transform a room

During a recent home remodel, Diane Wright decided the stairway leading to her garage needed some perking up.

So she went online and found a wall decal — roosting love birds on a branch.

"I love them. It adds some individuality," said Wright, who also has used decals in other parts of her home on Kiawah Island, S.C.

Wall decals have taken off as an easy, affordable and temporary way to transform a room, said interior designer Darla Blake of Unique & Chic Interiors in Irvine, Calif. The flexible vinyl decals come in dozens of colours and hundreds of designs, everything from animals and music notes to funky patterns and religious symbols. There are words and sayings. And some companies make custom decals.

"Having a tree in your bathroom, or a park bench and bicycle on a wall behind a sofa, or a bridge going to nowhere brings a smile to everyone who enters the room," Blake said.

The decals make it easy to personalize a room, which is popular right now, she said. "You can easily find something to reference your personality, your job or your lifestyle," she said.

Wright has used decals as an inexpensive border in a bedroom and above photos.

"It's certainly a whole lot less than hiring a painter," she said.

Price varies by size, but a decal around 25 inches by 50 inches would usually be less than $100.

Barbara Irvine of Syracuse, N.Y., chose a verse from one her favourite hymns to decorate the space above her kitchen sink. The words, "Come ye thankful people, come," prompt her to count her blessings, she said.

She installed them herself by slowly rubbing them off their paper backing with a tool similar to a tongue depressor.

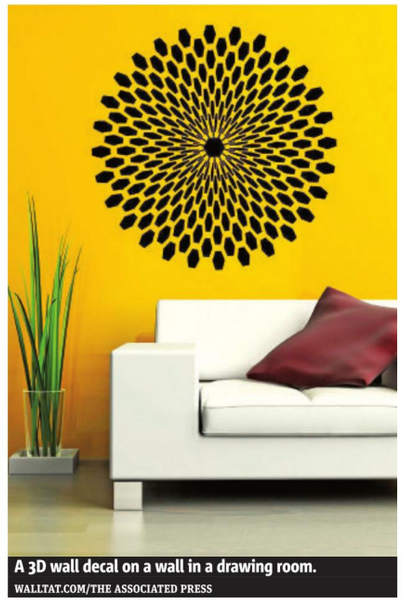
"They come with very good instructions," said Irvine, who ordered the custom phrase from Wall Words in Santa Ana, Calif. "It's fairly easy. You do want to get them level."

The words are designed to easily go on and off, said Carrol Caldwell, owner of Wall Words. She advises using painter's tape to attach the paper backing to the wall before firmly rubbing the decal onto the wall.

Easy removal makes decals especially attractive to renters, students in dorms and parents decorating nurseries, said Jordan Guide, chief executive and founder of Walltat.com.

THE ASSOCIATED PRESS

Branches and Blossoms wall decal. They are growing in popularity because they can easily be installed and removed without damaging walls. WALLTAT.COM/THE ASSOCIATED PRESS



A 3D wall decal on a wall in a drawing room. WALLTAT.COM/THE ASSOCIATED PRESS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DAVA DEVELOPMENTS ORIS

# Latest decor trend finds the 'art' in cartography

**Wall art.** In a GPS world, physical maps are becoming quaint relics for travellers — but decor with a map theme is hot

There's art in cartography: Street grids, the curve of a shoreline and topographic details lend themselves to wall art, rugs and textiles. Besides being great visuals, maps often chart our personal experiences, and that sentimental punch adds to their appeal.

Tony and Katie Rodono of Atlanta started their City Prints map art store after their daughter was born. "We realized maps are great storytellers — of where we met, went to school, went on vacation," says Rodono.

They sell readymade and custom maps of campuses, ballparks and hometowns. They'll make one of your favourite holiday spot or hiking trail.

Coming soon: maps from video games, movies and TV shows (cityprintsmapart.com, $40 and up).

Brooklyn's Haptic Lab sells hand-stitched, quilted city maps of Los Angeles, New York City, Paris and Washington, D.C., as well as the Great Lakes. Designer Emily Fischer's "soft maps" project started in 2002 as an academic experiment in tactile wayfinding after her mother was diagnosed with glaucoma. Her baby quilts are textured and colorful; the full-size versions are ivory with light brown stitchery.

The Great Lakes quilt is cotton, with the lakes done in poly-silk. All are finely detailed, and

she'll add custom landmarks or features if you request. Coming this fall will be kits to make your own version (hapticlab.com, $145 to $450).

Chicago-based Jenny Beorkrem makes neighbourhood maps, with typography scrunched into the shape of each community; the result, rendered in eco-friendly soy inks on recycled paper, are punchy graphics that vividly depict how cities are divided up (orkposters.com, $22 and up).

Rugs are a great medium for cartographic decor. At Hivespace.com you'll find felted wool rugs of Moscow and Oslo; custom locations are available (hivespace.com, price upon request). Swedish designer Calle Henzel's hand-tufted rugs depict the Champs Elysees and Manhattan in muted shades like charcoal, soft pink and yellow (2modern.com, $1,770-3,260).

Check out Woodcutmaps.com for maps made of exotic and everyday woods; you create your own by choosing your Google map location, then selecting the woods you want used (woodcutmaps.com, pricing based on customization).

Kim Sly, an artist in Portland, Ore., made her first city print several years ago for a friend relocating to New York.

That led to a series, and the launch of her business. Pittsburgh, Atlanta, San Diego and Portland are part of the collection she sells atetsy.com/shop/albiedesigns ($20-40). Sly's whimsical illustrations are composites of elements she likes about a place.

"I pay special attention to a city's architecture, and how it contributes to its individuality," she says.

"But I'm really looking for a more playful interpretation that people can identify with because of their love for their city."

As many of the designers suggest, these pieces would make terrific gifts. A new marriage; a new baby; a new home. A way to remember that great trip you took.

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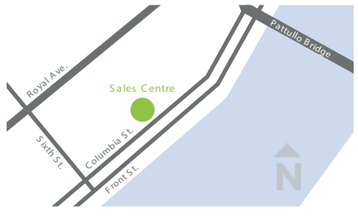


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# Avoid the chaos, keep the colours alive

**Design tips.** From quilting to painting, simple guidelines can help you work well with your palette

Artists and craftspeople know that the colours they choose — and leave out — are critical ingredients in their works' success, no matter the medium.

Colour done well is captivating. Colour done badly? It's just bad. Or drab. An eye for colour is both intuitive and learned, say the experts.

Kaffe Fassett has spent a lifetime experimenting. The septuagenarian is exuberant with colour in his embroidery, knitting and fabric designs. He's known for bold florals, fruits and vegetables, and geometric shapes — in sweaters, knitted coats and needlepoint. The author of 15 books, his latest, Kaffe Fassett Quilts: Shots and Stripes, goes minimal with vibrant swaths of colour — a simplicity that's a stretch for him.

A Londoner for 40 years who was born and raised in California, Fassett eschews conventional colour rules, although he subscribes to a few intuitively.

"I left art school the minute the colour wheel came out," he muses. "I thought that was the work of the devil."

When Fassett talks about harmony and "bounce," his language is as energetic as his artwork.

"Pick up one colour and stick it next to another and see if you get a bounce from it," says the textile artist. "Colours can either dampen each other or they can light each other up. It's just fantastic to see colour that is pulsating. It's just vibrating with life. Other times, the most wonderful colour is dropping dead because it's in the company of something that's killing it."

"I want to make the colours lush," Fassett continues. "I'm after the glow all the time."

During the quilting workshops he teaches in the United States and elsewhere, including online, he recommends using myriad shades of the same colour to create depth and harmony.

"Whenever possible, you have 10 shades of something rather than just one," says Fassett, who is inspired in part by faded, antique carpets.

For example, while knitters are usually told to adhere to a single dye lot when buying multiple yarn skeins for a project, Fassett recommends working with several dye lots.

"I never had dye-lot angst," he says. "Just the opposite. I loved when a colour ran out."

Also, stick to a colour theme but make it "pop" with little surprises of a different colour. That ensures a piece won't become muddy or drab from a colour theme's overuse. For example, if you're working in warm tones of red and orange, inject a little cool blue. This works in quilting and in other artistic media, such as painting.

"It can go very mushy if you don't have enough vivid differences," says Fassett.

Meanwhile, too much of a good thing — too much vibrant colour — creates chaos, says Anna Maria Horner, a Brentwood, Tenn., fine artist-turned-fabric-and-home-decor designer. Injecting a neutral colour can help.

"There's a difference between vivid and chaos," Horner says. "It's really a fine, small step between the two."

THE ASSOCIATED PRESS

### Colour my life with the chaos of trouble

This same colour advice can be used elsewhere in our lives — when planning a garden, decorating a room or dressing for a night out. Likewise, get colour advice from your surroundings. Horner turns to fashion and Fassett is inspired by antique quilts. "The main thing is to get out your colours and keep looking at them," says Fassett. "See which ones make each other happy, and which ones overshadow and dominate the scene and make things dull. Get it to the point of glowing."

**Three needlepoint chairs with overblown blooms by Kaffee Fassett. Fassett uses exuberant color and bold images in his embroidery, knitting and fabric designs.** BRANDON MABLY/ABRAMS/THE ASSOCIATED PRESS


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## Sculpt table lamp

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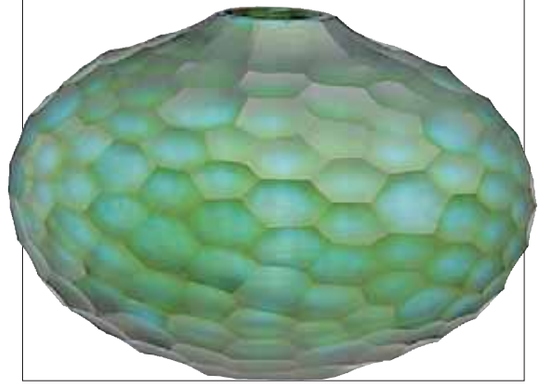
## Warm Silver Leaf Quarry Accent Table

The perfect side table to help modernize a sitting area. $1,935, Barbara Barry for Baker, studioBhome.com

## Saba Vase

Jewel tones of blues and green peek through the faceted cutwork of glass. $153, CrateAndBarrel.ca



Cleaning

# *Housekeeping myth: Borax as a green product for your home*

**Is the use of Borax still considered to be an environmentally good product to use in our homes?**

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Sadly no. I, too, have thought for many years that Borax was a safe, good cleaning product to use in our homes.

However, I have recently learned the following from the David Suzuki Foundation website and I quote, "The Georgia Strait Alliance's Toxic Smart Solutions factsheet says 'while borax is also one of the least hazardous domestic cleaning products, it is not without an environmental impact. It contains a higher level of arsenic that most other products (30 parts per million), which is why it's also an effective ant killer.'"

So like anything, always be careful, read the label and do your research before using a chemical product.

Always read the label on cleaning products that use chemicals. ISTOCK IMAGES

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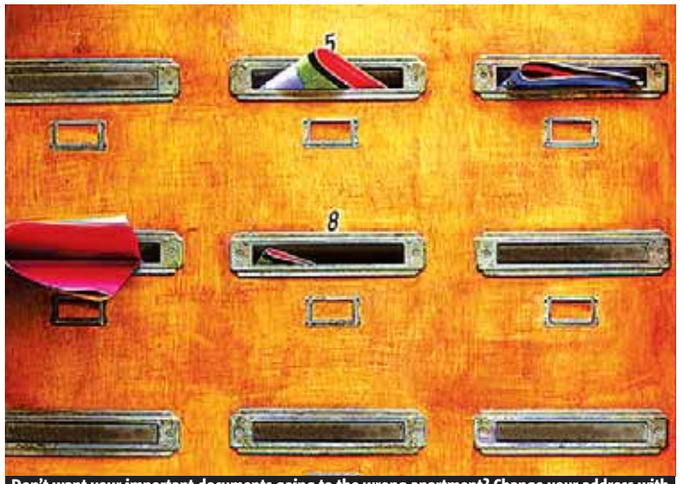
# You're moving on up, but there's no reason you can't do it stress-free

**Summer moving season.** Two-thirds of moves occur between May 15 and Aug. 31

COURTNEY FOWLER
Metro World News in New York City

Want to make moving day easier? Pack some things you don't use often in advance. HANDOUT



Don't want your important documents going to the wrong apartment? Change your address with Canada Post. HANDOUT

Whether you're a student headed back home for summer break or newlyweds signing a lease on your first place, you're going to go through the pains of packing.

Andrea Boccard, vice president of marketing at FlatRate Moving, offers some tips on how to make the process stress-free.

**De-clutter**

Before boxing things up, Boccard says it's really important to de-clutter. "Even in teeny apartments, we tend to accumulate a lot of stuff," she says. "Spend a couple of days getting rid of the items that you don't need, like takeout menus from the old neighbourhood. Just clearing that space will give you a clear picture of what you're actually packing."

**Create "a move book"**

The key is to stay organized. Keep the important details of your move together in a book or folder on your computer.

"It should include everything from lists you make, to your insurance and building management information, to estimates you receive," says Boccard.

**Know the rules**

If moving into an apartment or condo "you should be in close contact with the management for both [your new and old] buildings," says Boccard. She advises reserving freight elevators and making sure your movers have the proper insurance coverage your building may require. "Any hitch in the details can cause problems for the entire moving day."

**Pack in advance**

"Plan your move more than a month in advance if you can," says Boccard.

Start by packing the items you don't need such as books, CDs or DVDs and out of season clothes.

"We ask people, 'Do you want us to pack for you?' and they say 'No, no I'll pack myself,' but two weeks before [the move] they're nearly in tears because they're unable to do it," she says.

"So being realistic about time and what time you allocate to moving activities is the best advice I can give."

**Stay organized**

Maintaining organization while your whole life is packed up in boxes may seem nearly impossible, but Boccard says it's a crucial part of the moving process.

The company recommends creating an inventory of your belongings as you pack.

Keep important items by your side: Store key items such as your move book, prescriptions, jewelry, toiletries and chargers in a designated bag on move day.

**Key tip**

**What's the biggest moving mistake?**

- "Don't leave anything until move day. The planning and organizing process is crucially important. For instance, if you have kids, where are they going to go for the day? There are a lot of those things that you don't want to wait for the movers to show up before you figure out. Really, you don't want to have to make any decisions on move day. You want everything to have been orchestrated so that when you wake up that morning, everything just happens," says Boccard.

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# How to save a down payment

Buying your first home is one of life's biggest milestones, but for many first time home buyers, getting together the money for a down payment is a huge challenge.

"As a first time buyer, saving for a down payment is no mean feat," says Ron Abraham, president of the Ontario Real Estate Association. "However, the benefits of home ownership make the struggle well worth it. Remember, the more you put down initially, the better; as this will cut into your long term mortgage costs."

Abraham recommends a combination of smart saving, careful budgeting and tapping into government incentives to help get your down payment together and into your first home faster.

Most banks and lenders advise putting 20 per cent down — while this may not be possible for all first time buyers, Abraham suggests getting as close to that number as you can, and offers these tips to help:

**Cut back**

Remember, small things add up. A recent poll by Visa Canada found that 60 per cent of Canadians eat lunch out at least once a week. At an average cost of $8.80 per meal, eating out three times per week adds up to $20,000 after 10 years!

**Organize expenses**

Make sure you keep track of your expenses so you can flag issues. Categorize spending so you can see where your money is going — it may motivate you to forego your daily latte.

**Borrow from your RRSP**

To provide first-time homebuyers with greater access to their RRSP savings to purchase or build a home, the Government of Canada has increased the Home Buyers' Plan withdrawal limit to $25,000 per person for withdrawals made after Jan. 27, 2009.

**Apply the First-Time Home Buyers' Tax Credit**

To assist first-time homebuyers, the Government of Canada introduced a $5,000 non-refundable income tax credit on a qualifying home acquired after Jan. 27, 2009. For eligible individuals, the credit provides up to $750 in federal tax relief starting in 2009. NEWS CANADA

# NI HAO

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# Eco builders turning to ancient technique of cob construction

Cob workshop instructor Patrick Hennebery sits inside the artist's residence of at O.U.R. EcoVillage in Shawnigan Lake. CHAD HIPOLITO/THE CANADIAN PRESS

**Keeping costs down.**
Cob houses use clay, sand, straw, water and other recycled materials

A root cellar currently under construction using rubber tires as foundation and other donated recycled material. CHAD HIPOLITO/THE CANADIAN PRESS

Interns work on building the foundation of the turtle home, a 582 sq-foot design using recycled materials in Shawnigan Lake. CHAD HIPOLITO/THE CANADIAN PRESS

Living in a cob house isn't something homeowners do to blend with the neighbourhood, and Patrick Hennebery knows this firsthand.

He lived in a cob house on Mayne Island, one of the Gulf Islands north of Victoria, for 10 years.

Hennebery is the owner of Cobworks and routinely teaches workshops and internships, including a four-month course he's currently conducting at Shawnigan Lake's Our Ecovillage on Vancouver Island.

"This house we're building at the Ecovillage is, I think, my 24th home," said Hennebery. "I've also built various small buildings, fireplaces, ovens, garden walls and benches."

Cob is an ancient building material that has been used in some of the oldest man-made structures.

Using clay, sand, straw and water, Hennebery builds eco-friendly homes featuring other recycled and found materials, which helps keep the overall cost of construction down.

"On a conventional framed house the labour is about half the cost and the materials are half," he said. "With a cob house the materials are way less, but the labour is still there.

"Unlike a conventional house where you need a carpenter, with a cob house a lot of the labour can be learned by the owner in a workshop. We encourage people to bring as much to the project as they can."

Cob construction has recently increased in popularity on the West Coast, and one reason people are choosing cob is the way the walls retain heat, helping to keep heating and insulation costs down.

But elsewhere in Canada, Hennebery said those interested in building with cob would have to include natural building materials like straw bales to help with insulation.

"I'm working on designing some small houses that would be good anywhere in Canada," he said.

"You get the straw bales, which are good insulation, and cob, which has thermal mass. I want to design some houses where you have straw bale with a foot (30 centimetres) of cob inside. That way, no matter where, you can include the heating properties of both construction materials."

Even though Hennebery suggests cob construction is best suited to the West Coast's climate, Gena Arthur, owner of Halifax's Eco-Developments, is working on building her first cob house.

Arthur founded Eco-Developments in 2009 after travelling to Vancouver Island to learn about building with cob.

"I started off very small building cob ovens," said Arthur. "I went on to build the first community oven in Nova Scotia, which is the Park Avenue Community Oven which is built on the Dartmouth Commons."

But building with cob on Canada's East Coast is different than on the West Coast, and one considerable difference is in the foundation.

The seismic activity in and around British Columbia means there are specifications around the foundation that aren't present in the building standards in Nova Scotia.

"I was able to obtain a permit to do a dry stacked stone foundation because we don't have any seismic activity here," said Arthur. "That was pretty major because we did the very first permitted foundation."

The thickness of the cob walls is also much different in Nova Scotia. According to Arthur, the walls for her home will be nearly a metre thick, unlike the 46-centimetre-thick walls Hennebery builds.

Arthur will be putting the walls and roof on her home in the next three weeks with the help of an apprentice from Providence, R.I., and nearly 60 interested volunteers.

"The interest from the public has been phenomenal," she said. "We have hundreds of people that are waiting to come and see our project, and we've just been holding off because it isn't much right now."

THE CANADIAN PRESS

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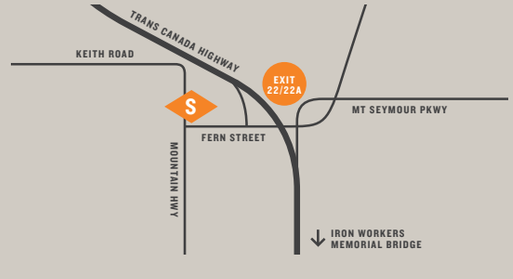


DENNA HOMES PACESETTER MARKETING

*The developer reserves the right to make changes and modifications. Prices are subject to change without notice. Free home contest subject to project commencement. E & O.E.

# Creamy sauce dresses up meat

This mouth-watering dish takes no time at all to prepare and the reward is delicious!

The pink peppercorn crust is complimented so well by the creamy, cheesy Canadian Cambozola sauce.

This one is sure to please your family, guests or even just yourself.

**Ingredients**

- 2 strip loin steaks, each about 8 oz (250 g)
- 2 cloves garlic, grated
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) Worcestershire sauce
- 1 tsp (5 ml) dried thyme
- 1 1/2 tbsp (22 ml) pink peppercorns, crushed and divided

**Creamy Cambozola Sauce**

- 1 1/2 tbsp (22 ml) unsalted butter
- 1 clove garlic, minced
- 1/2 cup (125 ml) 35% whipping cream
- 1/4 lb (125 g) Canadian Cambozola, Gorgonzola or Blue cheese, crumbled
- 1 tsp (5 ml) grated lemon zest

**Grilled Pink Peppercorn Steak with Creamy Cambozola Sauce**

This recipe serves two to four people. DAIRY FARMERS OF CANADA

**1.** Bring steaks to room temperature, about 20 minutes. Pre-heat barbecue to medium-high heat.

**2.** In a small bowl whisk together garlic, olive oil, Worcestershire sauce and thyme. Brush steaks with marinade and firmly coat with the peppercorns reserving a 1/2 tsp (2 ml) to garnish sauce.

**3.** Place steaks on a greased grill in the centre (to allow even heat circulation). Grill covered, turning once, until steaks are medium-rare, about 8 minutes or until desired doneness. Transfer to a cutting board and let steaks stand 6 minutes before slicing or plating.

**4.** Creamy Cambozola Sauce: Meanwhile, heat a small saucepan on medium heat; melt butter. Add garlic, cook for 1 minute or until fragrant. Add cream and reduce by half, about 4 to 5 minutes. Slowly, whisk in cheese until pieces melt. Stir in lemon zest.

**5.** Serve sauce on the side or on top of a portion of the steak and garnish with remaining peppercorns. **CHEF DEVAN RAJKUMAR/ DAIRY FARMERS OF CANADA**

**For your phone**

## Grill-It! (iPad/ iPhone/Android; $.99/ $1.99/$.99)

**MIND THE APP**
Kris Abel
@RealKrisAbel
life@metronews.ca

With new ideas for all types of meats, veggies, marinades, and burgers, this often-updated recipe collection will introduce you to plank grilling, brisket smoking, fried ravioli, and gourmet BBQ pizza.

**Ingredients**

- 250 ml (1 cup) steak sauce
- 2 cloves garlic, minced
- 15 ml (1 tbsp) Dijon mustard
- 2 green onions, thinly sliced
- 1 kg (2 lb) inside or outside round steak, 4 cm (1 1/2 inches) thick
- Salt and pepper, to taste

## Dinner. Beef Round Steak Done Right

**1.** In bowl, combine steak sauce, garlic, mustard and onions. Place half in large resealable freezer bag. Cover remaining sauce and set aside in fridge. (Use half reserved sauce to baste and rest to dip.)

**2.** Pierce steak all over; add to bag and refrigerate for 8 or up to 12 hours. Discard marinade. Pat steak dry with paper towel; season with salt and pepper.

**3.** Grill over medium-high heat, brushing with reserved basting sauce, 8 minutes per side for medium-rare (digital instant-read thermometer inserted into centre reads 60 C/140 F).

**4.** Transfer the steak to cutting board, cover loosely with foil and let stand 5 minutes before carving on angle into slices. Serve with dipping sauce. **THE CANADIAN PRESS/ CANADA BEEF INC.**

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More information re: the study and participation involvement can be found at **http://cepl.rehab.med.ubc.ca/**

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MLB

## Up and Adam: Lind lifts Jays to sweep of Rockies

Adam Lind hit a three-run homer as the Toronto Blue Jays defeated Colorado 5-2 on Wednesday night to complete a three-game sweep of the Rockies and extend their winning streak to a season-high eight games.

Mark Buehrle pitched five effective innings to even his record at 4-4 as the Blue Jays (35-36) inched closer to the .500 mark.

Toronto is enjoying its longest winning streak since winning 10 in a row almost five years ago. The eight-gamer is the longest active streak in the major leagues. THE CANADIAN PRESS

Tennis

## Milos misfires on eve of Wimbledon

It wasn't quite the Wimbledon warm-up Canadian Milos Raonic was hoping for.

The top seed from Thornhill, Ont., dropped his second-round match Wednesday at the Eastbourne grass-court tournament, falling 6-2, 7-6 (7) to Ivan Dodig. THE CANADIAN PRESS

Great payday

## $500K

Shawn Chaulk, a construction contractor from Fort McMurray, Alta., has received more than $500,000 for a collection of jerseys, skates, helmets, gloves and pucks used by Wayne Gretzky. About $350,000 came from one item alone — the jersey Gretzky wore in the 1986-87 season when he scored his 500th NHL goal and won the Stanley Cup with the Edmonton Oilers.

Camilo Sanvezzo, left, celebrates one of his two goals against Chivas USA on Wednesday night with his Whitecaps teammate Kenny Miller at BC Place Stadium. JONATHAN HAYWARD/THE CANADIAN PRESS

# Camilo, Whitecaps put boots to Chivas

**MLS.** Brazilian tallies twice, extends scoring streak to three games in Vancouver win

Camilo Sanvezzo scored two goals and assisted on another as the Vancouver Whitecaps beat Chivas USA 3-1 in MLS play Wednesday night.

The Whitecaps (6-5-4) posted their second consecutive win — something they had not done since the first two games of the season.

Chivas (3-9-2), meanwhile, has not won since beating Vancouver at home on March 30.

Jordan Harvey scored the winner for the Whitecaps, who overcame an early 1-0 deficit, while Tristan Bowen replied for Chivas.

The game was turned on its head in first-half added time as Camilo and Harvey scored two minutes apart to give the Whitecaps a 2-1 lead.

Chivas saw its winless skid extended to nine games despite making an early impression on new coach Jose Luis Real, who made his MLS coaching debut after taking over from the fired Jose Luis Sanchez Sola.

Bowen's goal in the seventh minute from the top right side of the Vancouver box was Chivas' first MLS goal in a month, dating to a May 19 game against Real Salt Lake.

Camilo extended his scoring streak to three games and matched the seven goals he produced all of last season.

The Brazilian had a chance for a hat-trick in added time, but his shot went off a defender, and Johnny Leveron had a shot blocked in the same sequence.

THE CANADIAN PRESS

**On Wednesday**

| Whitecaps | Chivas USA |
|---|---|
| 3 | 1 |

# Blackhawks last to score in wild Game 4

Bryan Bickell, left, and Jonathan Toews celebrate Brent Seabrook's overtime goal as Bruins captain Zdeno Chara, blue-liner Dennis Seidenberg and goalie Tuukka Rask look on at the end of Game 4 on Wednesday night. HARRY HOW/GETTY IMAGES

Brent Seabrook scored at 9:51 of overtime to give the Chicago Blackhawks a 6-5 win over the Boston Bruins in a wild Stanley Cup final game Wednesday night.

Seabrook's shot from the point through traffic that beat Bruins goalie Tuukka Rask gives the Blackhawks, who never trailed going into overtime, a new lease of life.

The teams are now tied at 2-2 heading into Saturday's Game 5 in Chicago.

The Bruins threw everything they had at the visitors in mounting a furious comeback but came up short in the third game of the series to go to overtime.

It was a crazy contest, crammed full of offence, momentum swings and bristling with bad blood. At times, it was like a violent all-star game.

Chicago coach Joel Quenneville's decision to reunite Jonathan Toews, Patrick Kane and Bryan Bickell paid dividends. Toews and Kane each scored, with Michal Handzus, Marcus Kruger and Patrick Sharp getting the other Chicago goals.

But the Bruins refused to keel over. Patrice Bergeron scored twice and Rich Peverley, Milan Lucic and Johnny Boychuk added singles for Boston, which found itself behind the eight-ball all night. It was a roller-coaster ride for the crowd of 17,565 — the 164th straight full house at TD Garden — as the Bruins trailed 3-1 and 4-2.

Chicago outshot Boston 41-28 after regulation time and 47-33 overall. THE CANADIAN PRESS

## Horoscopes

### Aries
**March 21 - April 20**
Your reaction when confronted by an obstacle is to kick it out of the way, but you must be more subtle today. You should also try to remember that other people's feelings are not always as robust as your own.

### Taurus
**April 21 - May 21**
The best way to deal with a problem is pretend it doesn't exist. The more you focus on negative things, the more likely it is they will keep going wrong. "Positive thinking" is more than just a slogan.

### Gemini
**May 22 - June 21**
There are far too many distractions in your life and if you want to move ahead in areas that are really important to you then you need to cut back quite ruthlessly on activities.

### Cancer
**June 22 - July 23**
The Sun moves into your sign tomorrow and a new solar year begins, making this the ideal day to look back over the past 12 months. Whatever mistakes you made, forgive yourself and move on.

### Leo
**July 24 - Aug. 23**
You may appear open and outgoing to the world at large but you have secrets like everyone else. One secret is likely to be revealed over the next few days. Pretend you don't care.

### Virgo
**Aug. 24 - Sept. 23**
If you have not finished a project of some time by now, it might be best to forget about it. That is the message of the stars today and while it may sound a bit negative, it's not.

### Libra
**Sept. 24 - Oct. 23**
When the Sun crosses the career angle of your chart tomorrow, you must turn your attention to your reputation. Could it be better? Yes, it could. You must identify how.

### Scorpio
**Oct. 24 - Nov. 22**
In recent weeks it seems you have been cruising on autopilot but that will change with the Sun's change of signs tomorrow. Suddenly you will be more alive again. Suddenly you will be back in control.

### Sagittarius
**Nov. 23 - Dec. 21**
Try to get your point of view across in a calm way. It will help if you are clear in what exactly it is you want to say. Make that your priority today then speak up tomorrow.

### Capricorn
**Dec. 22 - Jan. 20**
Try to help others because the good deeds you do for them now will come back to you over the next few weeks. Above all, remember you can't always have things your own way. You have to give ground.

### Aquarius
**Jan. 21 - Feb. 19**
There is no need to apologize for things that are not your responsibility. Someone you live or work with will try to shift the blame for a failure of some kind on to you today but you must have none of it.

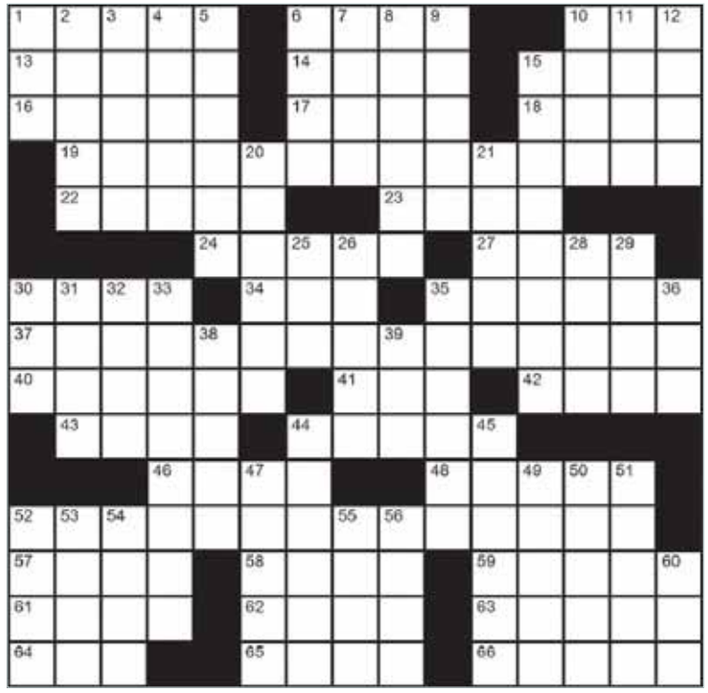
### Pisces
**Feb. 20 - March 20**
The worries of the past few weeks will begin to fade today and once the Sun moves into the most dynamic area of your chart tomorrow they should disappear altogether.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



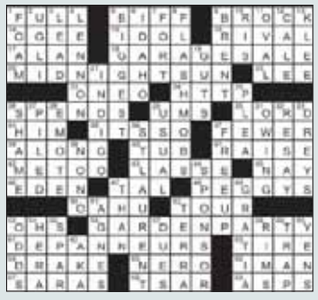
**Across**

1. Group ruled by Odin
6. Labyrinth
10. Eye logo TV network
13. Apt
14. "Jeopardy!" host Mr. Trebek
15. Aching
16. Pub serving sizes
17. Type of tide
18. Applaud
19. Jumbo, the world famous __ __, died in 1885 when hit by a train in St. Thomas, Ontario. There is a life-size statue there in his honour.
22. Thoroughly search or examine
23. Assortment
24. Ancient land
27. Some soil
30. Q-Tip, for one
34. Shoe width size
35. Rotten
37. DND = Department of __ __
40. "Let's __ a day.": 2 wds.
41. Unit of weight
42. Film holder
43. Ottawa's Parliament __
44. Tie type
46. Genuine
48. Dock
52. It's the 'kind the drugstores sell' in Gordon Lightfoot's song: 2 wds.
57. Alanis Morissette's "__ Really Want"
58. Drifting
59. Become a green-to-yellow banana
61. Earring kind
62. Sketch, as in comedy
63. Like hosiery or mascara, maybe: 2 wds.
64. Clothe
65. Healthy
66. Zzzzz ...loudly!

**Down**

1. iPhone download
2. Actor Mr. Bana's
3. Kind of boom
4. Brief beginning
5. Save
6. Provides with staff
7. Sailor's sheltered side
8. Extremist
9. Officially kick out
10. Pop
11. Certain cereal
12. __-Iles, QC
15. Bluenose II, for one
20. "Hurry!" meaning
21. Rice dish
25. Thumbs-up vote
26. Pounds, as hail
28. Dermatologist patient's concern
29. House critters
30. Canadian engineering group, _ _ _-Lavalin
31. Cr-yying sound
32. Mythical Hun king
33. Northwest Coast artist, b.1920 - d.1998, whose work includes the Haida creation myth sculpture Raven and the First Men: 2 wds.
35. Fame
36. Benicio Toro link
38. Wayne Gretzky, once
39. Grumpy's co-worker
44. Yukon neighbour
45. "The Path of __ (Terms)" by Sarah McLachlan
47. Embarrass
49. Airplane: French
50. Artwork like the original, informally
51. Flower: French
52. Former
53. Choir voice
54. Promote
55. Put a 'roof' on a room
56. Pippa's royal sister
60. SSW's opposite direction

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | | | | 6 | 3 | 9 | |
| | | 7 | | | | | 4 | 6 |
| | | | | 9 | | 8 | | 5 |
| | | | 7 | 1 | | | | 9 |
| | 4 | | | | | | 2 | |
| 8 | | | | 2 | 9 | | | |
| 9 | | 4 | | 3 | | | | |
| 7 | 5 | | | | | 6 | | |
| | 3 | 2 | 8 | | | | 1 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 4 | 5 | 7 | 6 | 3 | 9 | 8 | 2 |
| 2 | 6 | 8 | 5 | 9 | 4 | 1 | 3 | 7 |
| 3 | 9 | 7 | 8 | 1 | 2 | 4 | 6 | 5 |
| 6 | 5 | 1 | 2 | 7 | 9 | 8 | 4 | 3 |
| 4 | 3 | 9 | 6 | 5 | 8 | 2 | 7 | 1 |
| 8 | 7 | 2 | 3 | 4 | 1 | 6 | 5 | 9 |
| 9 | 2 | 3 | 4 | 8 | 7 | 5 | 1 | 6 |
| 5 | 1 | 4 | 9 | 3 | 6 | 7 | 2 | 8 |
| 7 | 8 | 6 | 1 | 2 | 5 | 3 | 9 | 4 |

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